

Woman's Food Package - Postpartum



Cereal - 36 ounces



Eggs - 1 dozen
(medium or large)



Juice - 2 containers
(frozen or concentrate)

At the store - PICK 1



Peanut Butter: 16-18 oz jar
Dried Beans: 1 lb
Canned Beans: 4 cans



Fruits & Vegetables
\$10 check

Milk - 4 gallons
(Cheese- NONE)



DF1

OR

Milk - 3 gallons &
Cheese - 1 lb
Evaporated Milk - 1 can



DF2